Caroline Tousignant

**Expertise statement:**

**Something I know well and how I learned it**

Music has always been a huge part of my life. When I write music I am putting myself not only into words but also into sound. Music is my emotion, it is my release, and with it I can feel anything I choose to feel and I can be anything I choose to be.

Growing up, I was raised in a very musical family; my brother was In a band and was well familiar with many instruments, and my sister was always a beautiful singer; she was able to harmonize with anyone and anything almost perfectly every time. Anytime I would invite a friend over my house they would make jokes about how walking into my house, was like walking into a live musical. It was funny, because I never truly recognized the unusual vibe that my family so naturally produced.

Anyway, because I grew up in such music based lifestyle I was always drawn to the art of music. I learned guitar, ukulele, and would constantly beg my brother to teach me how to play the drums, in which he did sometimes, so I know enough to be able to mess around on them.

I had to *learn* how to play instruments, but my singing voice was something I was blessed with. I was always able to sing, and I was never shy to share my ability with the rest of the world. However, I was not born as good as a singer as I am now, because throughout my life I was able to better myself. I constantly sing and I constantly challenge myself with new things. If I am unable to hit a note or sing something the way I desire, than I keep doing it until I get it. Some might call this “practice”, which it is. With practice comes improvement. But, to me, this was never practice, because I never thought of it in that way. The word practice comes with the connotation of Hassel. But to me, singing was and never will be a Hassel or a burden. Sometimes it can be frustrating, but the outcome always makes it worth it to me.

I love writing music as well as playing it and I know this skill well. I can confidently say that. I know that this is something that I “know well” because it has become second nature to me. Often when I write lyrics, I like to simply let go of my thought processing and allow my hands to create whatever they decide to craft. Clearly, hands do not have the power to make decisions, but that is exactly what it seems like to me. I let my mind go, and whether or not my soul takes control, I do not know. What I do know is that I willingly let my mind go, and I must say, it is undeniably, the most amazing experience out there.